HEALING FROM DISEASE, DEPRESSION, AND DAMAGED RELATIONSHIPS

THE LAW OF Life

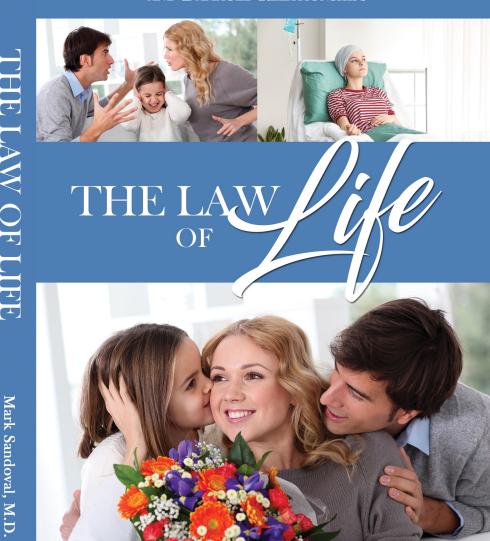
Michelle came to me with an abdominal cancer that had spread and was resisting all conventional attempts to control it. She also came with emotional baggage from relationship traumas. As I shared with her the principles contained in *The Law of Life*, and as she applied those principles in her life, her cancer reversed. She gained the joy and hope that she had lost, and she had a greater appreciation of her purpose in life. Michelle's story is not an isolated case. I see my patients' relationships restoring, spiritual lives blossoming, and mental health improving when these principles are applied. And you can too. Read and re-read *The Law of Life* until you understand and apply it to your life. You won't regret it!



MARK SANDOVAL after graduating from the Loma Linda University School of Medicine specialized in emergency medicine, practicing nationally and internationally. He transitioned to a lifestyle medicine practice at Uchee Pines Institute in 2012 and later became one of the first 200 physicians in the world to become board certified in lifestyle medicine. He is a proud father and happy husband, as well as an educator, entrepreneur, consultant, administrator, international speaker, and now author.







Mark Sandoval, M.D.

What Do I Do?

• 4. Surrender my life entirely to Him



Land of Defeat

Land of Victory

Pray

Land of Defeat

Land of Victory

Pray Bible

Land of Victory

Land of Defeat

Land of **Defeat**

Pray Serve

Land of Victory

Pray Land of Land of Victory **Defeat** Serve 198

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Pray Bible Serve

200















Pray Bible Serve

















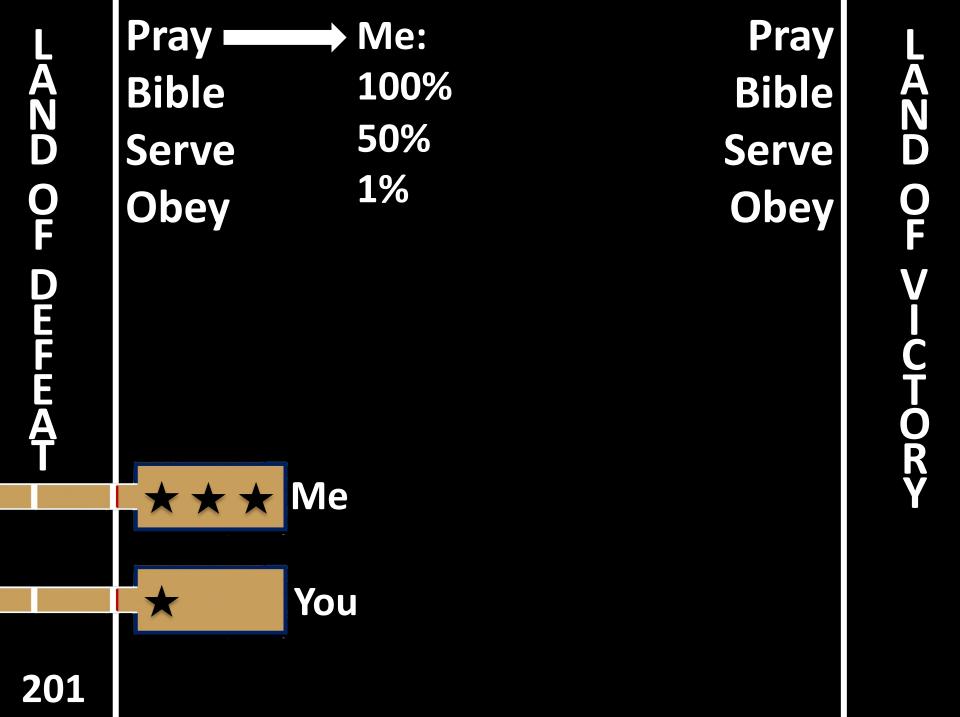
"But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise."

- 2 Corinthians 10:12

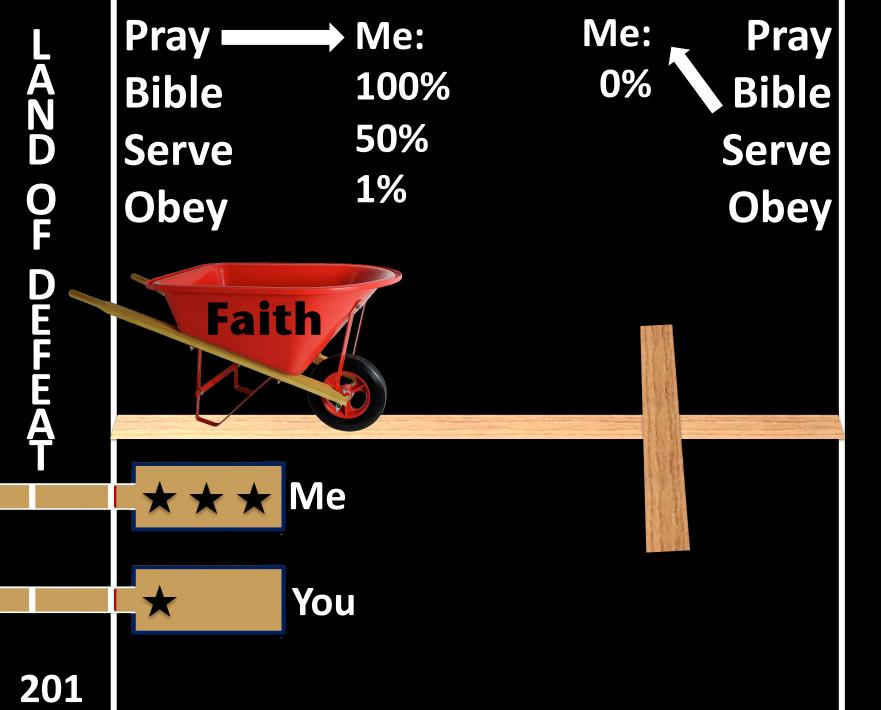


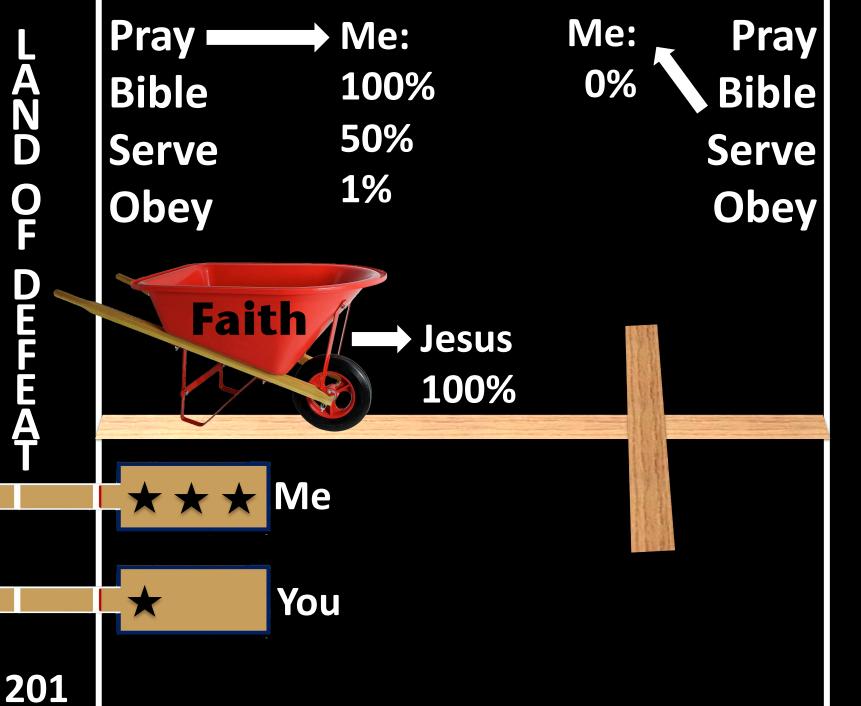


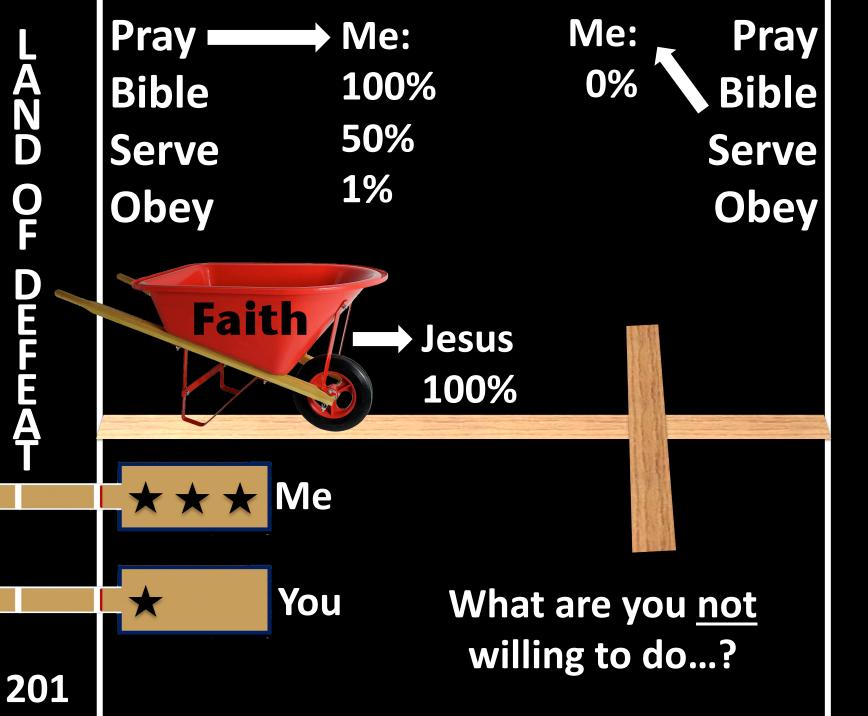


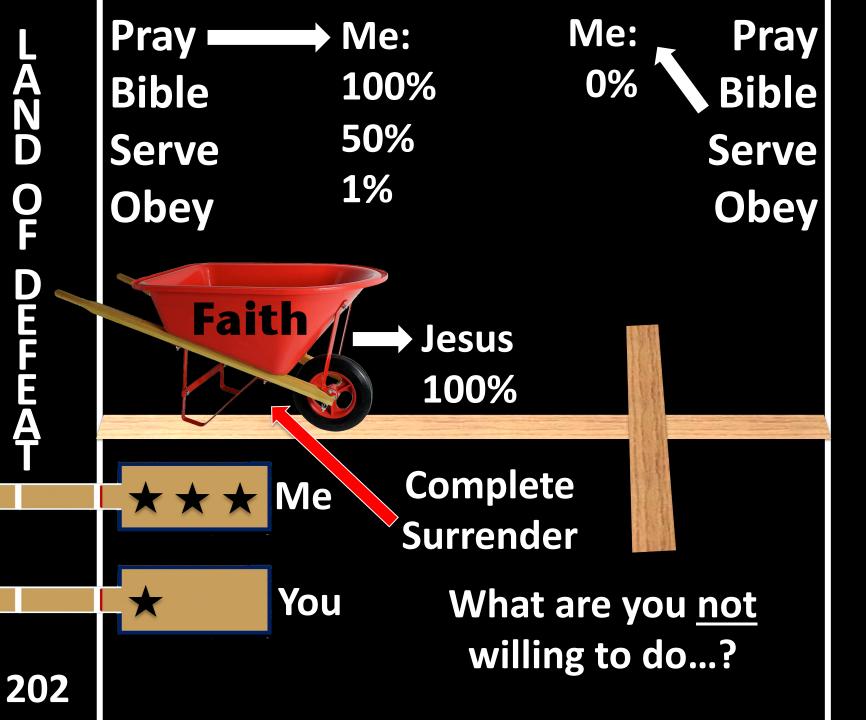




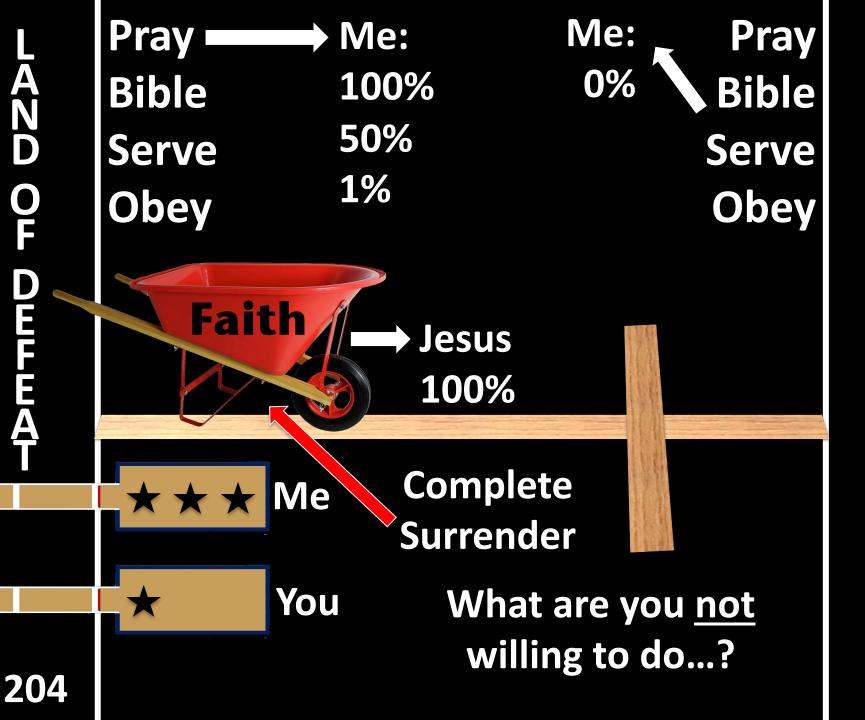


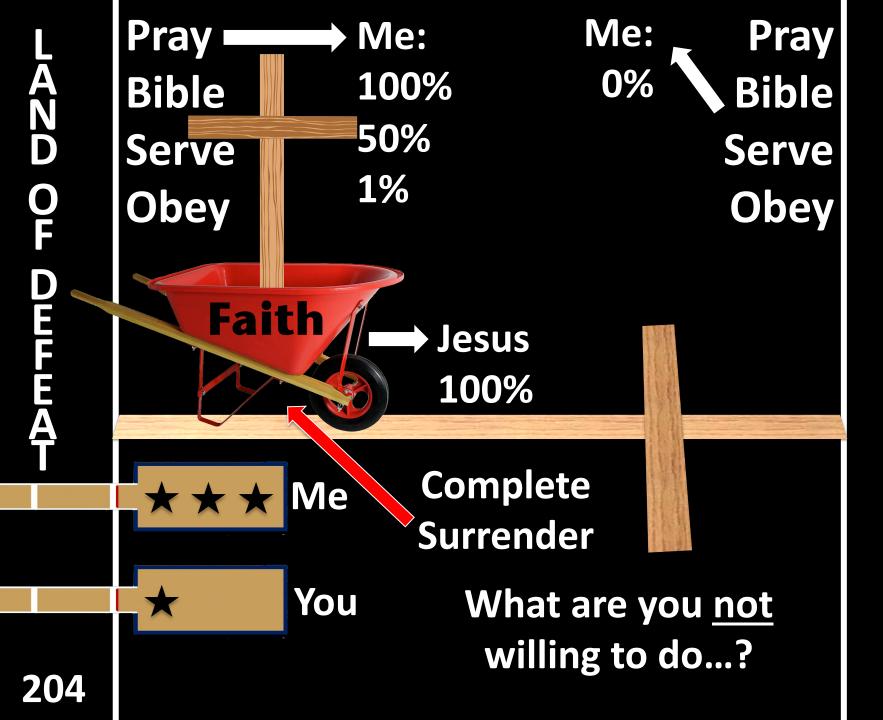






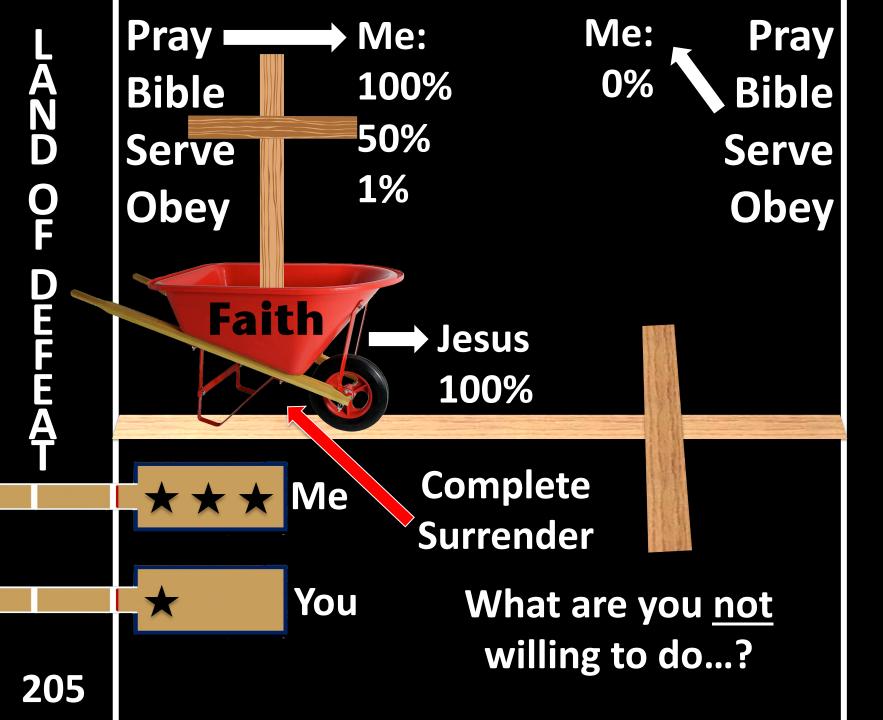


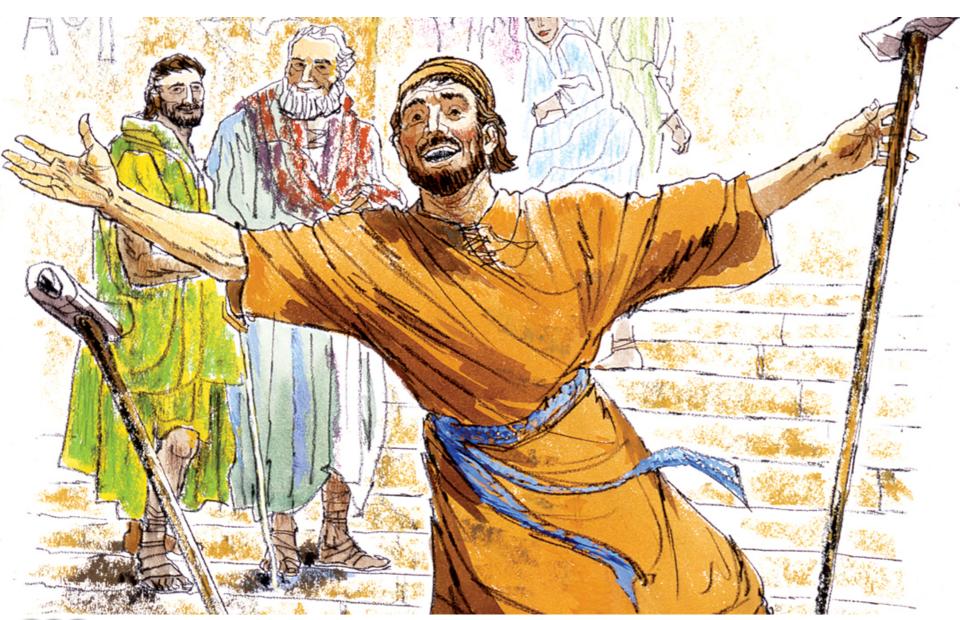




"Then He said to them all, 'If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me."

- Luke 9:23





• 5. Search My Heart

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 - Every morning spend time with God in nature

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 - Review previous day's thoughts, words, actions
 - Ask God, "What legitimate need of my heart influenced my actions in that situation?"
 - Ask God, "How did my heart deceive me to fulfill that legitimate need in the wrong way?"



6. Choose to think only positively about them

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 - Ask God "Why do you love them?"

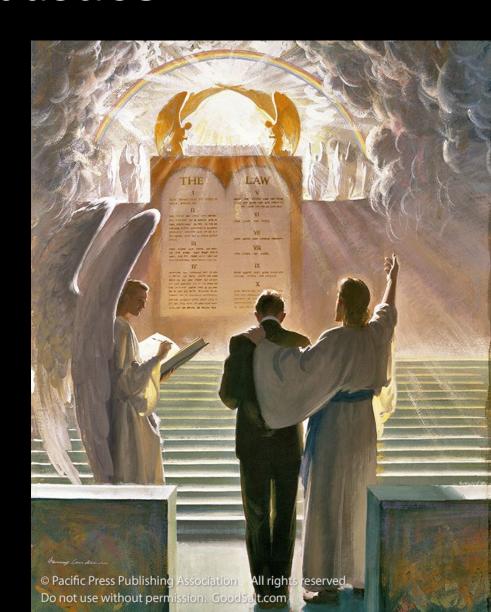
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 - Help me to see them how you do

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 - Displacement Principle

Escaping the Bitterness Trap

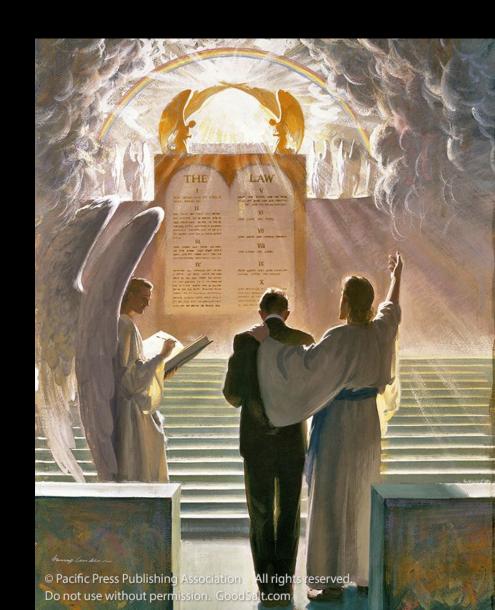


Only God is God

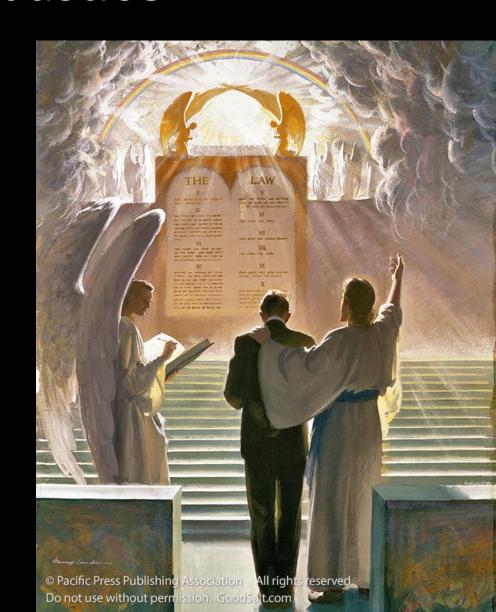


"For You are great, and do wondrous things; You alone are God."

- Psalm 86:10

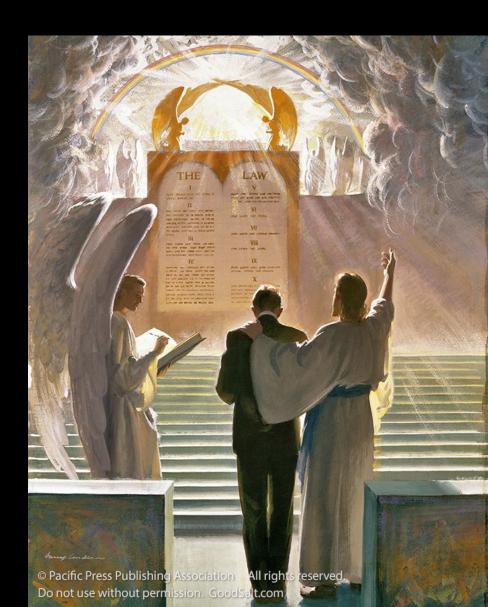


- Only God is God
- God is just (for others' sake)

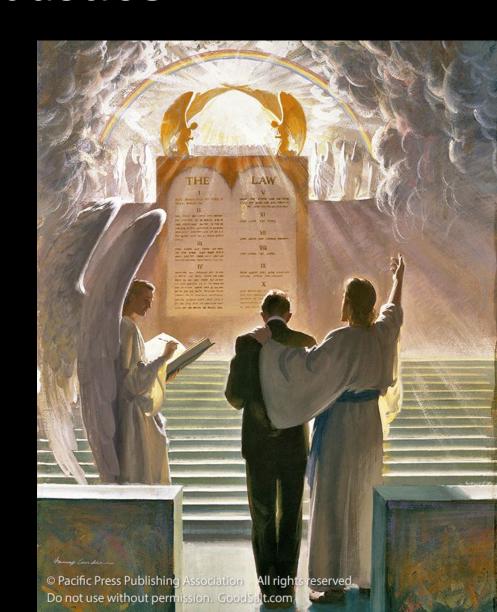


"...all His ways are justice, a God of truth and without injustice; righteous and upright is He."

- Deuteronomy 32:4



- Only God is God
- God is just (for others' sake)
- Sin is against God and His law

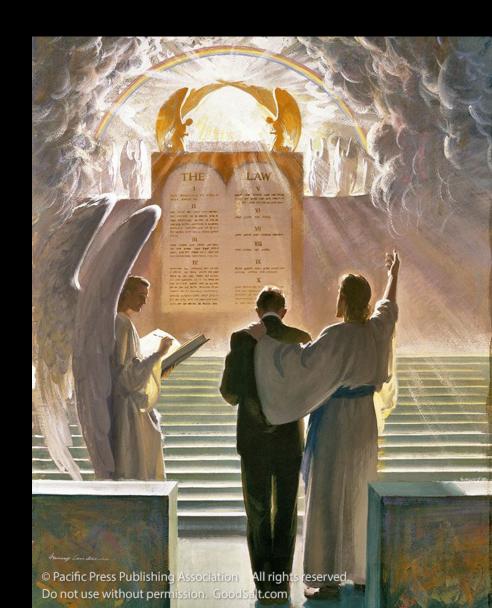


"Against You, You only, have I sinned, and done this evil in Your sight..."

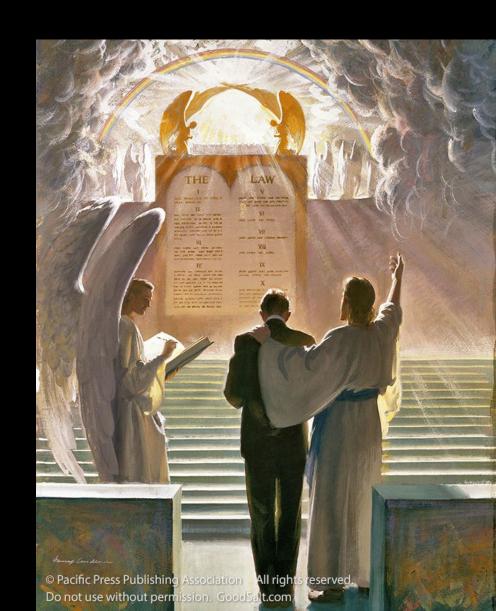
- Psalm 51:4

"...sin is the transgression of the law."

- 1 John 3:4

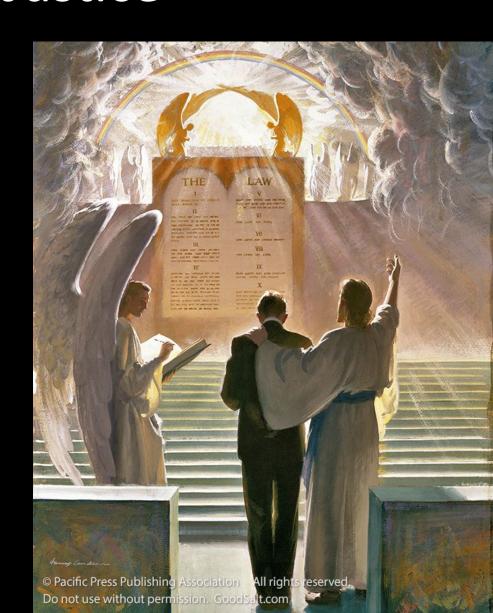


Sin necessitates a penalty death

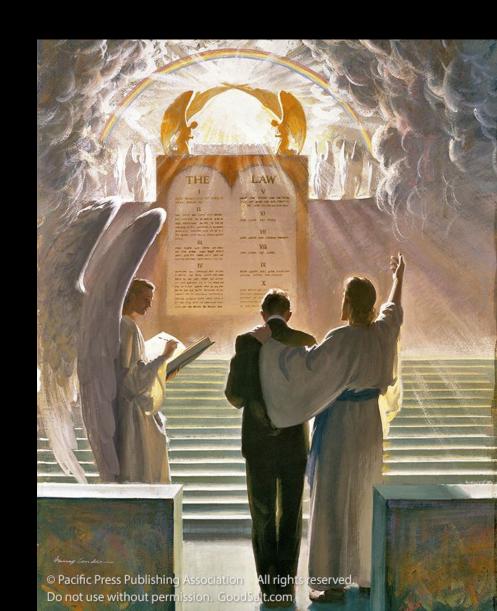


"For the wages of sin is death..."

- Romans 6:23

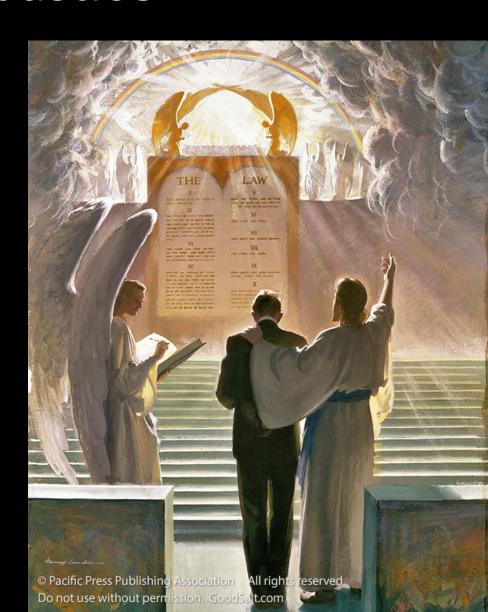


- Sin necessitates a penalty → death
- God must uphold His law → administer / exact the penalty

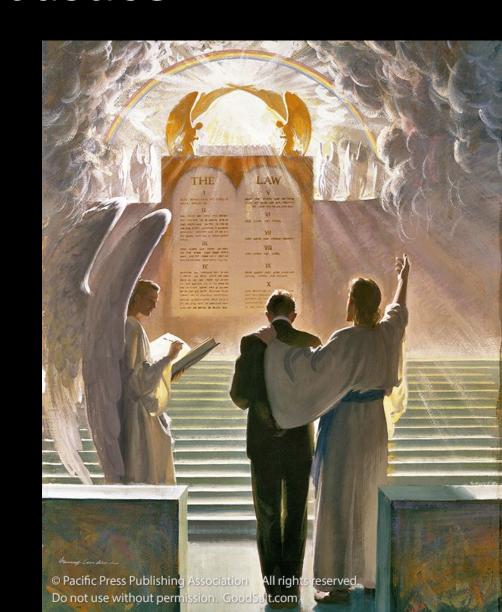


"'Vengeance is Mine, I will repay,' says the Lord."

- Romans 12:19



- Sin necessitates a penalty → death
- God must uphold His law → administer / exact the penalty
- When the penalty is paid in full, justice is satisfied/complete





• I believe I am god



- I believe I am god
- I believe you sinned against me



- I believe I am god
- I believe you sinned against me
- That sin requires a penalty



- I believe I am god
- I believe you sinned against me
- That sin requires a penalty
- I must uphold "justice" (for self's sake)



• I try to extract the penalty from you

The Deception of Bitterness



- I try to extract the penalty from you
- You only go "free" when you have paid the penalty in full

The Deception of Bitterness



- I try to extract the penalty from you
- You only go "free" when you have paid the penalty in full
- If you do not pay in full, you will never go free

You wronged me



- You wronged me
- I put you in prison



- You wronged me
- I put you in prison
- You stay in prison until you pay all



- You wronged me
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- You cannot pay, therefore you will never get out





You wronged God



- You wronged God
- I am in prison



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- You wronged God
- I am in prison
- I will stay in prison until you pay all
- You cannot pay, therefore I will never get out
- I am my own jailer



In order to go free, I
must be willing to let
you go free



- In order to go free, I
 must be willing to let
 you go free
- I won't let you go free, because if I let you go without paying, my sense of "justice" will not be satisfied—you will get away with it



Forgiveness is the key



- Forgiveness is the key
- I hold the key in my hand, even as I remain captive in my own prison cell



- Forgiveness is the key
- I hold the key in my hand, even as I remain captive in my own prison cell
- I refuse to use the key for fear you will go free



 I hold you to my hurt feelings until you suffer enough to pay for your sin



- I hold you to my hurt feelings until you suffer enough to pay for your sin
- But no measure of suffering can undo the past



- I hold you to my hurt feelings until you suffer enough to pay for your sin
- But no measure of suffering can undo the past
- Therefore I will remain captive



 If I let go of the hurt feelings, you go free, so I hold on to the hurt to keep you captive – to exact justice



- If I let go of the hurt feelings, you go free, so I hold on to the hurt to keep you captive – to exact justice
- This is the foundation of bitterness

The "Christian" understanding of forgiveness:



The "Christian" understanding of forgiveness:

You sinned against me



The "Christian" understanding of forgiveness:

- You sinned against me
- You owe me for what you did



 I choose to not make you pay – to set you free



- I choose to not make you pay – to set you free
- I forgive you



- I choose to not make you pay – to set you free
- I forgive you

I am still god!



 In doing what you did to me, you sinned against God



- In doing what you did to me, you sinned against God
- I came to the cross and accepted the divine exchange on my behalf - Jesus took my place



 You owe me nothing, your debt is to God



- You owe me nothing, your debt is to God
- I love you and want to help you come to freedom at the cross, just as I found freedom at the cross



 Bitterness is resolved at the cross



Guilt

- Guilt from specific sin(s)
- 1. Confess
- 2. Repent

"Repentance includes sorrow for sin, and a turning away from it."

• 3. Restore

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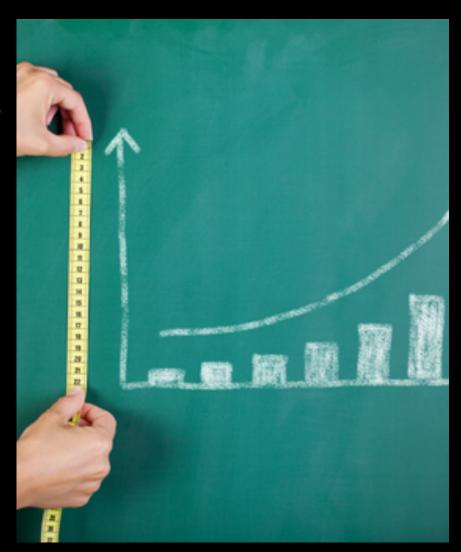
Assessing Your Success

 How do I know I have resolved my bitterness?



Assessing Your Success

- How do I know I have resolved my bitterness?
 - I remember what happened, but there is no pain with the memory



Assessing Your Success

- How do I know I have resolved my bitterness?
 - I remember what happened, but there is no pain with the memory
 - God healed my hurt



Overcoming Negative Thoughts

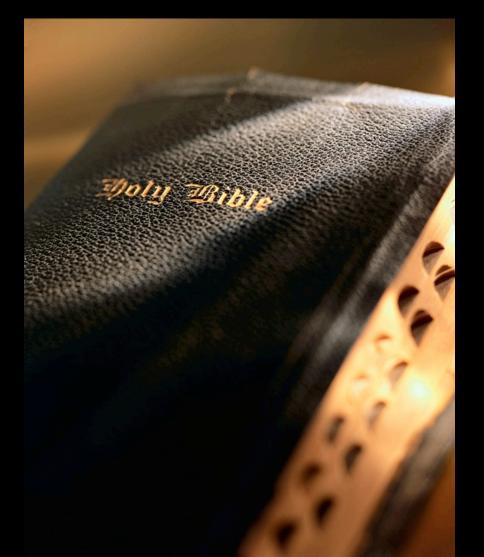


Thoughts are either from God

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- I must evaluate every thought against THE standard of truth.

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Discernment

"For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."

- Hebrews 4:12

Wrong Solution



Principles of the Mind

1. The mind was created to be occupied

"Let this mind be in you which was also in Christ Jesus."

- Philippians 2:5.

"Meditate [think] upon these things."

- Philippians 4:8.

"Occupy till I come."

- Luke 19:13.

Principles of the Mind

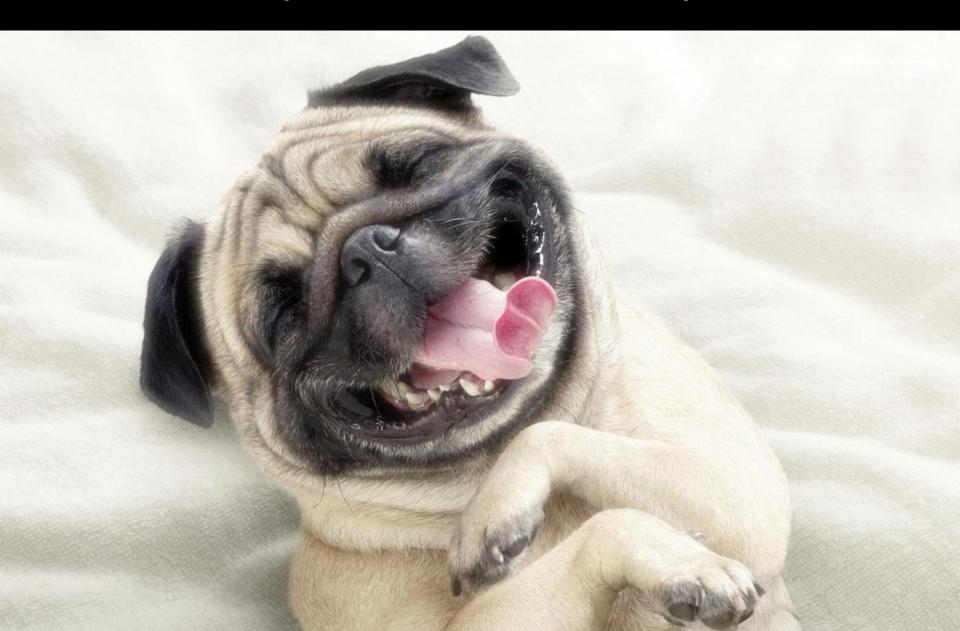
1. The mind was created to be occupied

• 2. The mind can only "focus" on one thing at

a time.







Failure



• I can't do it!



"I can do all things through Christ who strengthens me." Philippians 4:13



I Can't...

I can do all things through Christ who strengthens me.

- Philippians 4:13

Thank you, Lord, for giving me the truth of Your Word. I **choose** to believe that I will overcome, because you said so. Thank you for helping me overcome!

The Battle



The Battle

"...the sword of the Spirit...is the word of God."

Ephesians 6:17



Neural Pathways



I am unloved



"I have **love**d you with an **everlasting love**; therefore with lovingkindness I have drawn you." Jeremiah 31:3

Feeling Unloved

I have loved you with an everlasting love, therefore with lovingkindness I have drawn you.

- Jeremiah 31:3

Thank you, Lord, for giving me the truth of Your Word. I **choose** to believe that I am loved, because you said so. Thank you for loving me!



• I can have a good or bad response to guilt

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 A good response = specific to a sin, results in confession & repentance and going to God for forgiveness.

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 A good response = specific to a sin, results in confession & repentance and going to God for forgiveness.

 A bad response = general sense of guilt, results in separation from God and unwillingness to come to Him for help.

Guilt from specific sin(s)

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• 3. Restore

I have been too bad to be forgiven





"If we confess our sins, He is faithful and just and will forgive us our sins, and cleanse us from ALL unrighteousness." 1 John 1:9

Feeling Guilty

If I confess my sins, You are faithful and just to forgive me my sins, and to cleanse me from all unrighteousness.

-1 John 1:9

Thank you, Lord, for giving me the truth of Your Word. I **choose** to believe that I am forgiven, because you said so. Thank you for forgiving me!

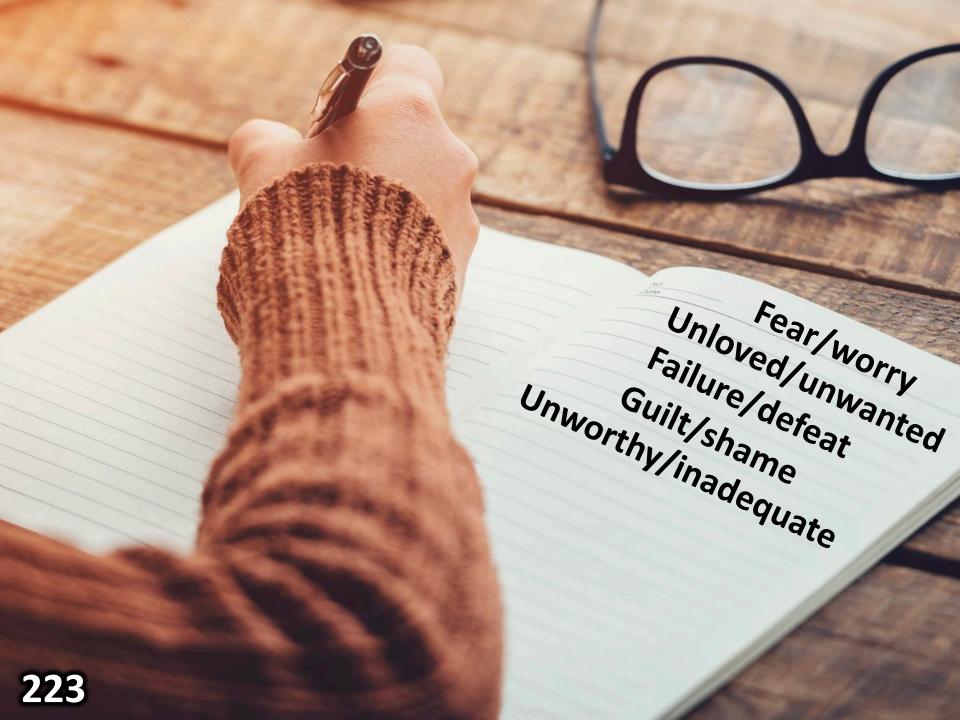


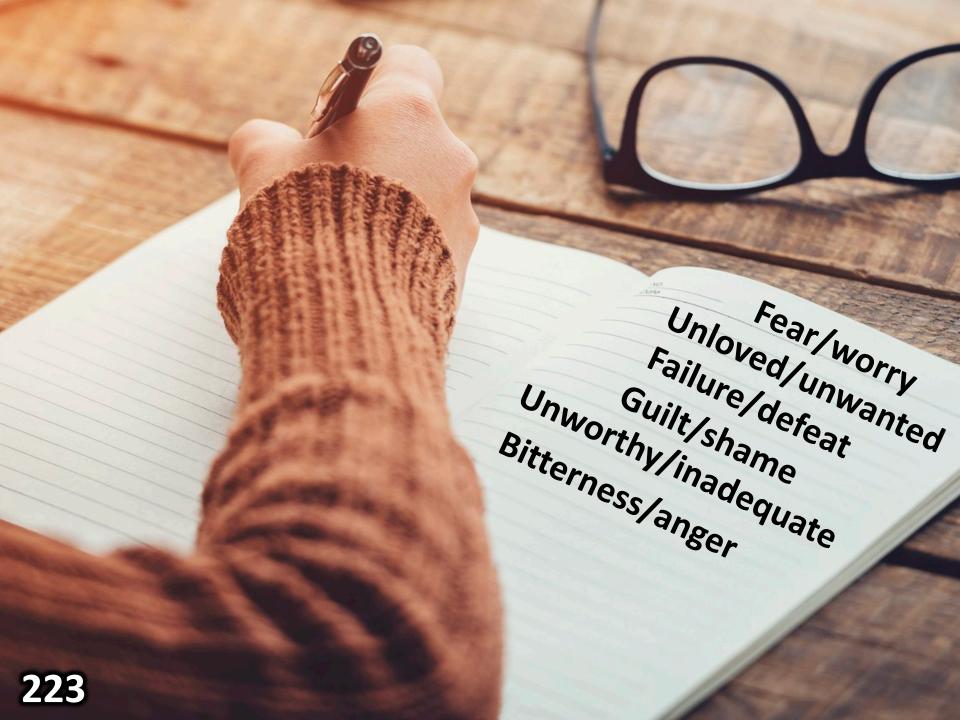
















 "Lord, thank you for giving me the truth of Your word. I choose to believe because You said so. Thank You for

• 7. Love others

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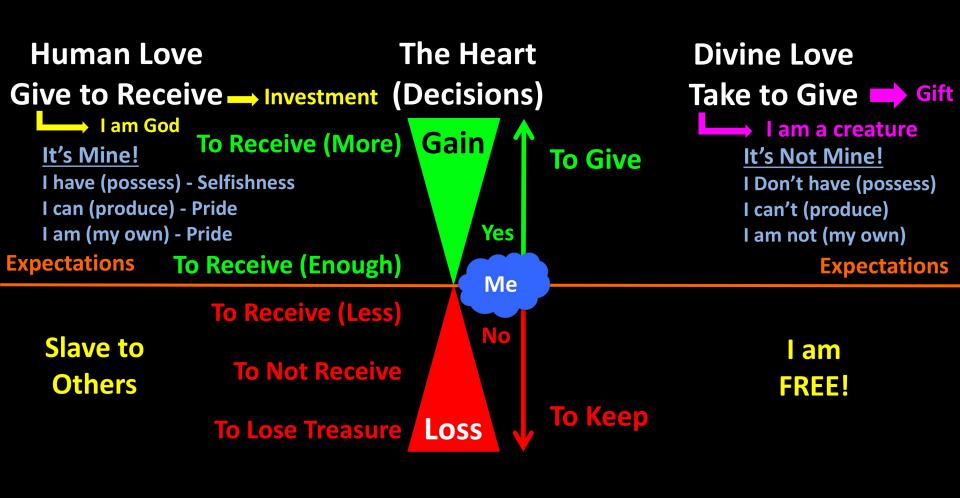
- 7. Love others
 - In thought, words, and action
 - Be a conduit of God's love to them
 - They hurt Jesus, not you
 - Prison ministries you can love them too

• 8. Remember – It's not mine!

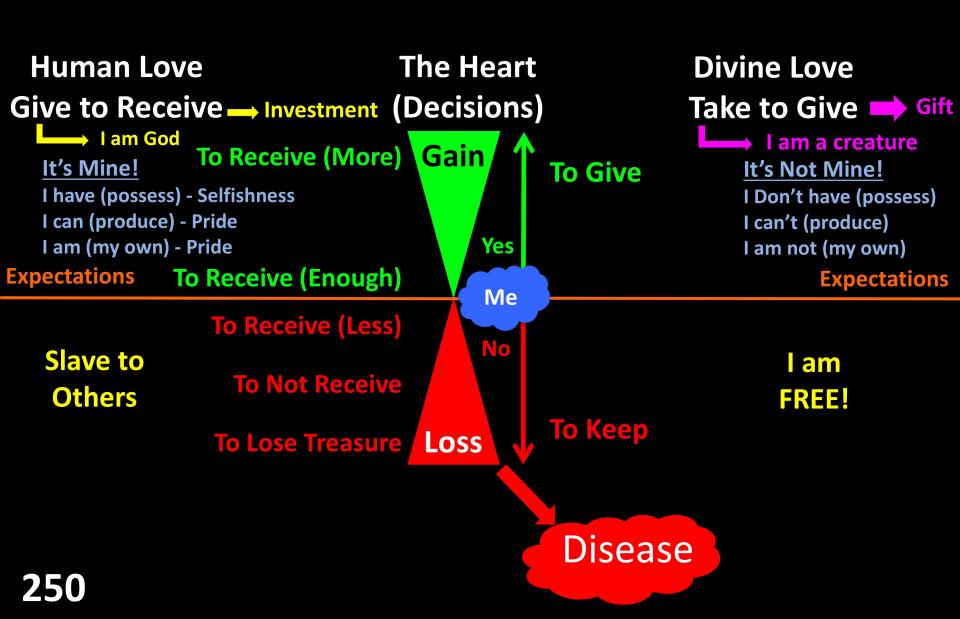


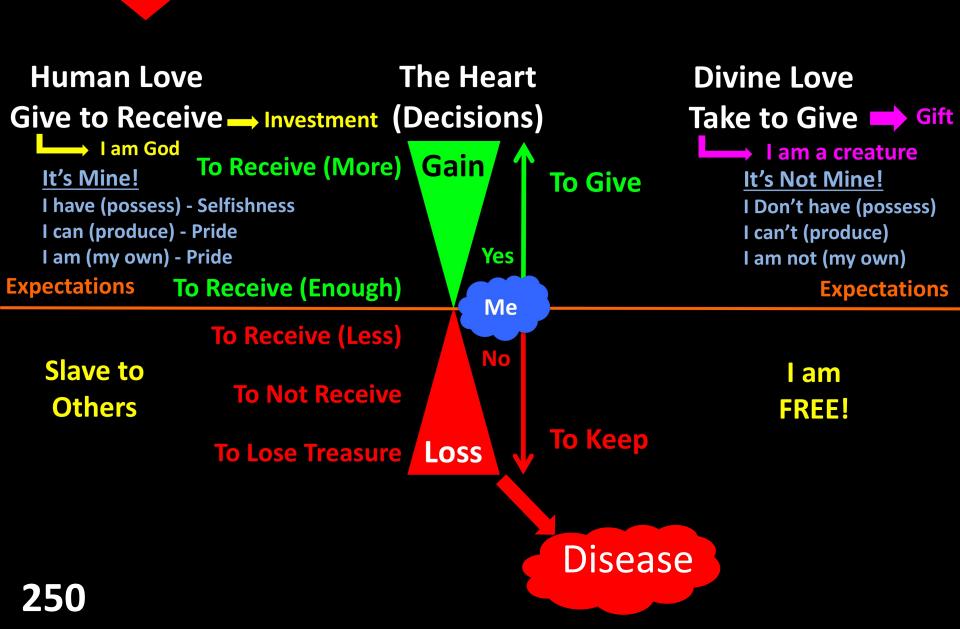
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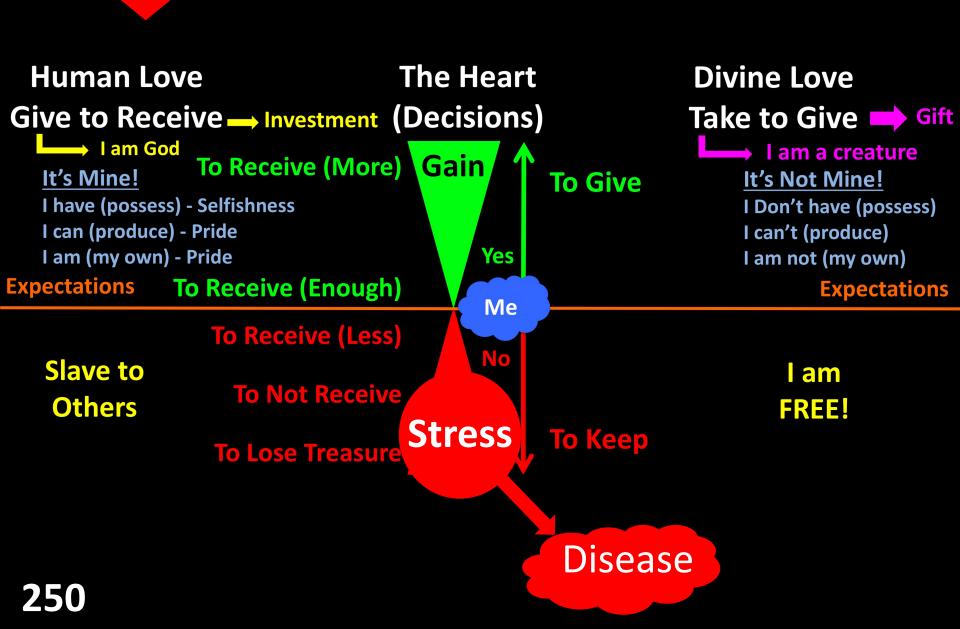


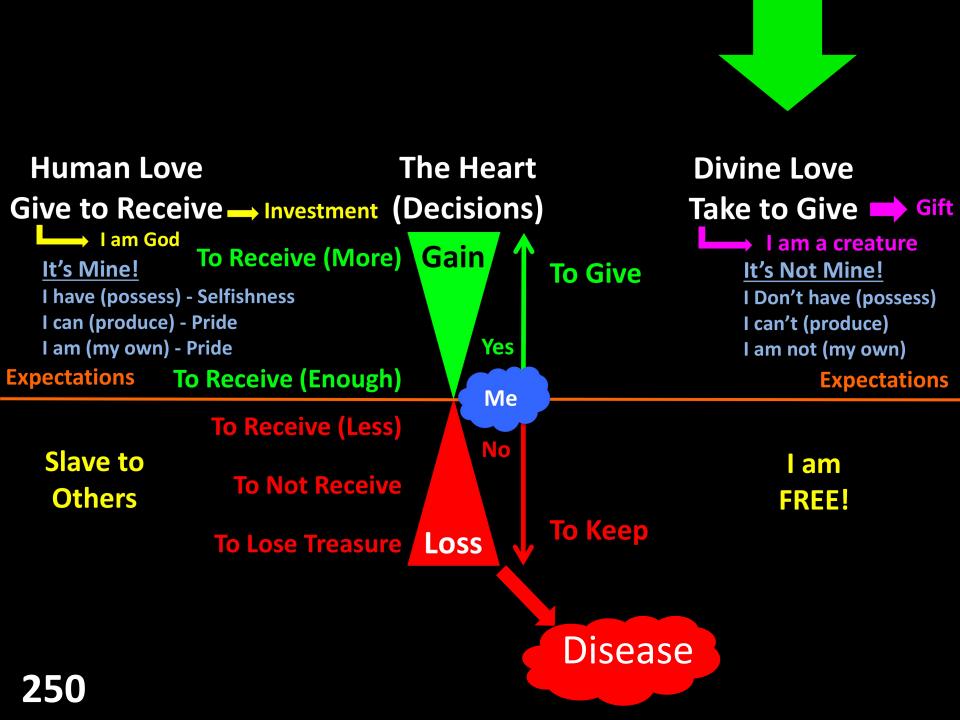


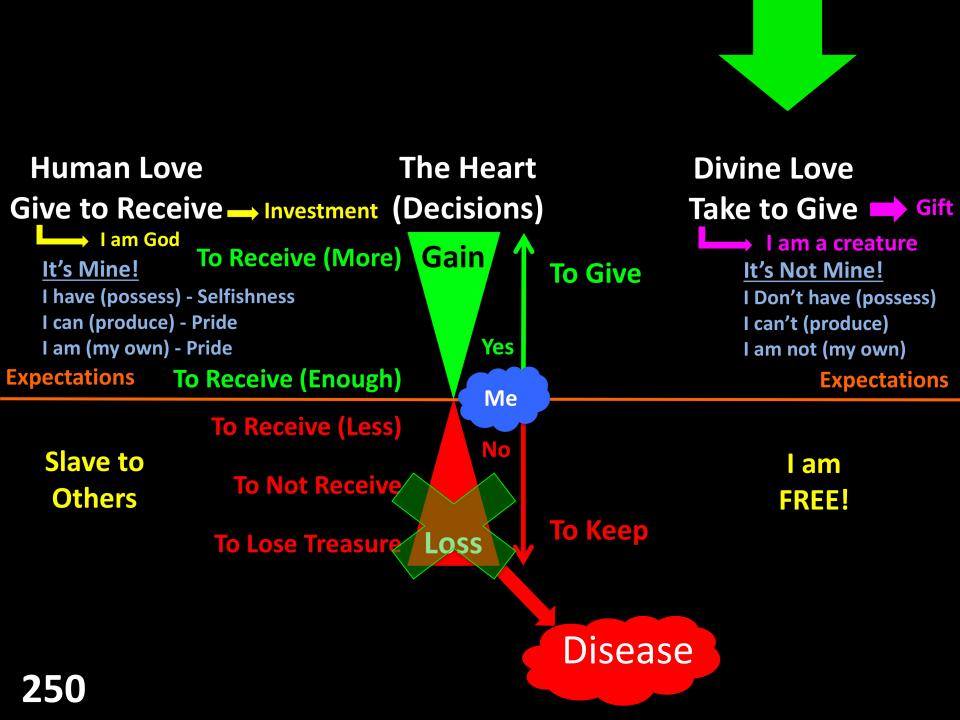
Disease

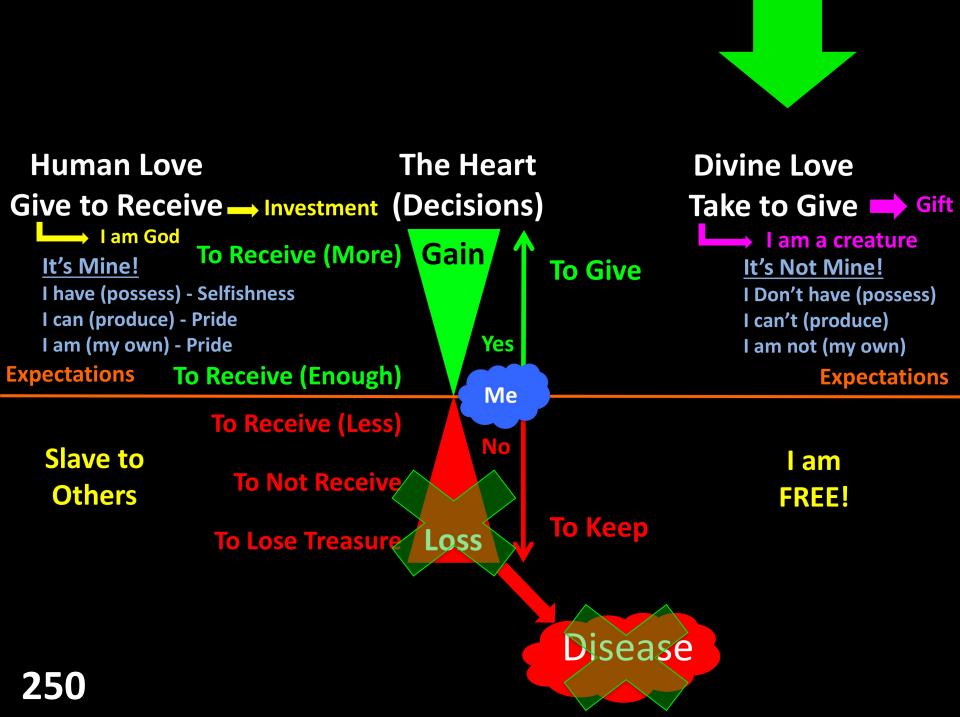












• Is disease only a love problem?

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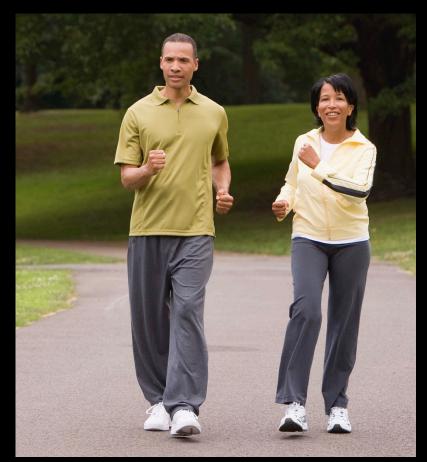
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"Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here."

In searching for a cause, we should start here

• 9. Use natural remedies, change lifestyle





WELLNESS

- Water
- Exercise
- Live Temperately
- Love
- Nutrition

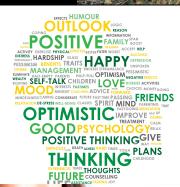
- Environment
 - Sunshine
 - Thought Life
 - Air
 - Nature
 - Dress
- Sufficient Rest
- Simple Trust in God















Anointing

"Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much."

- James 5:14-16

My disease must have a cause

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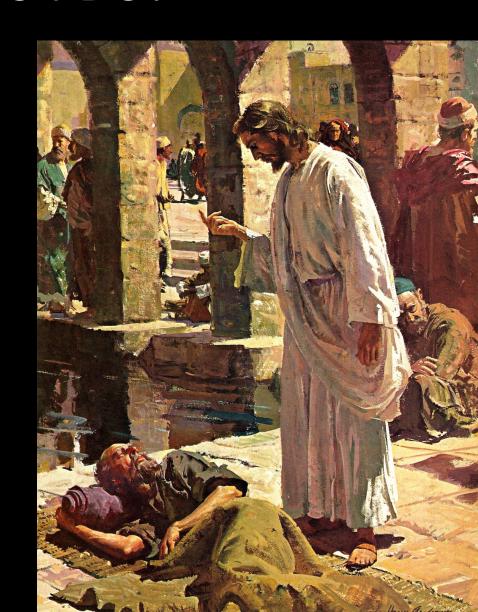
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- The cause must be removed
- Once the cause is removed, the effect will cease
- In the mean time, apply lifestyle and natural
- 257 remedies, eliminate toxins, pray & trust

What Do I Do?

• 10. Get (back) up



• 1. Take from God's love (my only Source)

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- 10. Get back up

"When the gospel is received in its purity and power, it is a cure for the maladies that originated in sin."

HEALING FROM DISEASE, DEPRESSION, AND DAMAGED RELATIONSHIPS



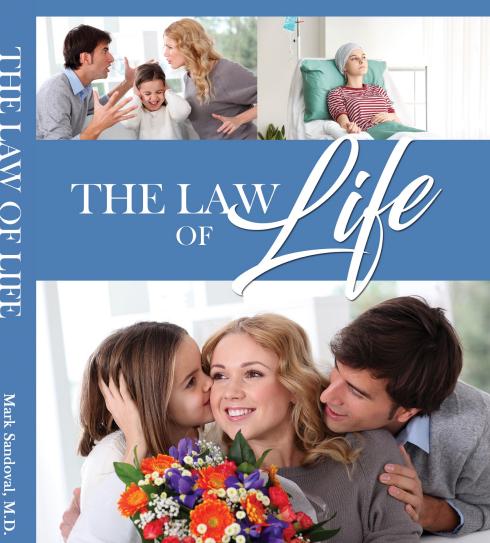
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